PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Rhododendron groenlandicum (Oeder) Kron & Judd

GENUS *Rhododendron* **FAMILY** Ericaceae

COMMON NAMES Labrador tea, Marsh rosemary, Marsh Tea, Northern Labrador tea

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Leaves - spice, Flowers - tea

The dried leaves are used for tea. The leaves must be dried before being used for tea. They are then boiled and used for tea.
They are used for iced tea by adding lemon.
Caution: The tea should not be drunk by pregnant women. The leaves should not be boiled with the water.

DESCRIPTION

A shrub. It has deep underground stems or rhizomes. The branches are erect. It grows 1 m high. It can grow 2.4 m high. The young branches have rusty hairs. The leaves are alternate and simple. They are narrowly oval and 2-5 cm long by 1-2 cm wide. They are dull dark green above. It keeps its leaves throughout the year. The leaves are curled under at the edge. They are dark green on the upper surface and have rusty hairs underneath. The flowers are white and in clusters at the ends of branches. The fruit is a 5-valved capsule. It has several small seeds.

HABITAT

It is a cold temperate plant. It grows in peaty soils and cold bogs. It suits hardiness zones 2-8. It grows in conifer forests and wet meadows between 400-1,400 m above sea level in north China. It grows in moist acid soils that are low in nutrients.

PRODUCTION

Cultivation

It can be grown from seeds. It is commonly grown from the underground rhizomes.

Harvesting and Seed Production

It is slow growing.

PICTURES



Credit: Food Plants International (Bruce French)

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